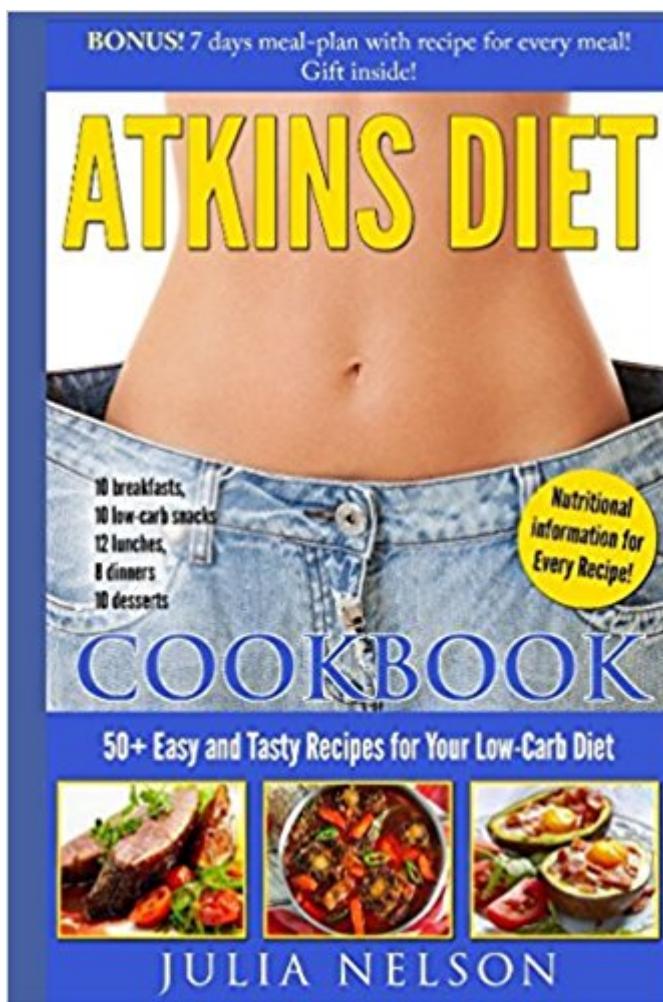


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# Atkins Diet Cookbook: 50+ Easy And Tasty Recipes For Your Low-Carb Diet



## Synopsis

Buy the paperback version and buy the kindle version for free! The paper version is more convenient for everyday cooking. Favorite recipes with your notes are always at hand! Are you tired of being overweight? Have you tried tons of diets, but found that they do not work? Are you tired of denying yourself food without seeing results? Does this make you sad and unhappy? Â Get ready to say goodbye to all these disappointments forever! Start losing weight now and love your new healthy and beautiful body! Â The Atkins diet is a time-tested and reliable diet for burning fat and getting healthier every day. Order your copy of the book "ATKINS DIET COOKBOOK" and start a new life right now. Â In this book you will find information about: Â How the Atkins diet works Â A week-long meal plan with recipes Â 51 detailed recipes for delicious and simple dishes that follow your diet Â 10 breakfasts, Â 10 low-carb snacks Â 12 lunches, Â 8 dinners Â 10 desserts Â ! FREE gift from the author! Â NUTRITIONAL INFORMATION FOR EVERY RECIPE! Â Start a new healthy and easy life today! Click the "Buy" button!

## Book Information

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## Customer Reviews

Awesome recipes! I had heard of Atkins diet a long time ago, but I had no idea what it meant. After reading this book, I finally realized that the Atkins Diet may actually be the source of the ketogenic and paleo diet that are some of the most popular forms of fat burning diets, as it works purely on the concept of ketosis. The book has explained detail how the diet helps in burning fat and reduce weight, the advantages of following this. Really worth recommending!

The Atkins approach is the only thing that has ever really worked for me and the only thing that has ever made any sense for how my body functions. Hard to believe people still think they "know" what Atkins is when they have never even read the book. Would recommend this to anyone needing to lose weight or just wanting to feel more alert and alive every day. It might not work for everyone's body type but it certainly works for mine!

Despite the fact that the recipes are not supplemented with pictures I think the book is not bad. I put 4 stars for the fact that the author most likely worked hard to write this cookbook. The instructions are clear. Although the recipes are not very many, I would like more. Would recommend for those people who are trying to lose weight until the summer or just for people like me who are interested a healthy lifestyle. It is convenient that the calorie content of each dish is written at the end of the recipe.

Perfect to read book and I am so lucky that I found it. There are lot of great recipes associated with this book and I am pretty sure will help you specially when you are loosing weight.

I really wanted to loss weight and this book has promising results. I read this one and quite convinced that weight loss is possible once I follow the low-carb diet plan. Good that this book has 7 day meal plan so that I'll just buy the ingredients, cook it and consume.

It's the first time that I adapt a low-carb diet and it taste great. Photos are useful too. Even my kids like the recipes I cooked for them. I hope I could find more recipes in the future and a month-long meal plan.

Atkins follow a low-carb approach in weight loss process. The book also includes a week-plan to get started with the diet immediately once decided and provided the instructions in preparing and cooking the listed recipes.

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recipes, low carb diets Book 1) Atkins Diet: Dr Atkins New Diet Revolution - 6 Week Low Carb Diet Plan for You (Atkins Diet Book, Low Carb Cookbook, Atkins Diet Cookbook, High Protein Cookbook, New Atkins Diet) Low Carb Diet: Introduction To Low Carb Diet And Recipes Of Low Carb Soups And Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb Cookbook: 500 BEST LOW CARB RECIPES (low carb diet for beginners, lose weight, Atkins diet, low carb foods, low carb diet weight loss, low carb food list) Low Carb: The Ultimate Beginner's Low Carb Guide to Lose Weight Quick without Starving With over 20 Easy Recipes To Follow. (Low Carb, Low Carb Cookbook, ... Diet, Low Carb Recipes, Low Carb Cookbook) Low Carb Candy Bars: 25 Low Carb Recipes To Satisfy Your Sweet Tooth: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) ATKINS: Atkins Diet Disaster: Avoid The Most Common Mistakes - Includes Secrets for RAPID WEIGHT LOSS with the Low Carb Atkins Diet (Atkins diet, Atkins ... diet, Paleo diet, Anti inflammatory diet) LOW CARB DIET: KETOGENIC DIET: 1000 BEST LOW CARB AND KETOGENIC DIET RECIPES (BOX SET): low carb cookbook, ketogenic diet for beginners, low carb diet for beginners, low carbohydrate diet, ketogenic Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet) The Ketogenic Diet Cookbook: Lose 15 Lbs In Two-Weeks With 66 Perfect Low Carb Keto Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb: Don't starve! How to fit into your old jeans in 7 days without starving with a Low Carb & High Protein Diet (low carb cookbook, low carb recipes, low carb cooking) Atkins Diet: Atkins Diet For Diabetes-Low Carb High Protein Diet To Lower Your Blood Sugar & Lose weight-14 Day meal plan-42 Recipes (Atkins Diet Quickstart ... Diet, diabetes, reverse type 2, atkins) Keto Bread Cookbook: Real Low Carb Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) The Atkins Diet Head Start: The trusted guide to healthy atkins foods and tasty aktins meal plans for your weight loss revolution (atkins diet, atkins ... diet book 2017, atkins for beginners) Low Carb: Low Calorie Cookbook: 200 High Protein Recipes for Weight Loss, Muscle Building, Healthy Eating and Increased Energy Levels (Low Carb High Protein ... Low Carb Cookbook, Low Carb Diet Book 1) Low Carb: Low Calorie Cookbook: 50 High Protein Recipes Under 500 Calories for Weight Loss, Muscle Building, Healthy Eating & To Increase Energy (Low Carb ... Low Carb Cookbook, Low Carb Diet Book 1) Low Carb: Low Carb High Fat Diet - How to Lose 7 Pounds in 7 Days with Low Carb and High Protein Diet Without Starving! (low carbohydrate, high protein, ... carb cookbook, ketogenic diet, paleo diet) Low Carb: In 20 Minutes - Over 60 Easy One Skillet Recipes in 20

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